

the RARS

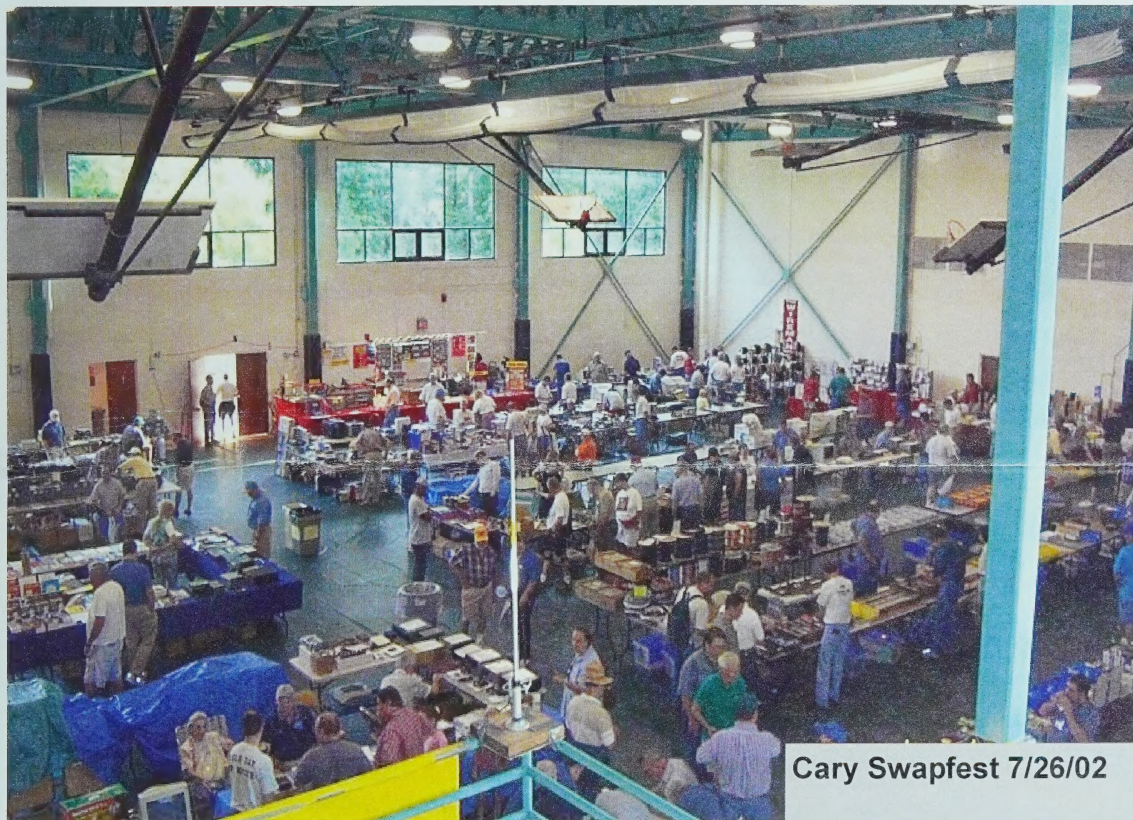
Exciter

Raleigh Amateur Radio Society



Worldwide Friendship

September, 2002 Number 378



Cary Swapfest 7/26/02

In this newsletter:

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The Exciter

The *Exciter* is the monthly newsletter of the Raleigh Amateur Radio Society. It is available in both printed and electronic form. The printed version is mailed to members just before each club meeting. The electronic form, in Adobe Acrobat PDF format, is e-mailed about a week earlier.

We solicit both articles and advertising. The deadline for submissions is first Friday of the month or Friday after the monthly meeting. Contact the Editor.

The views contained in the *Exciter* are those of the individual authors, and are not necessarily the views of the Editor, or the Raleigh Amateur Radio Society.

The Raleigh Amateur Radio Society

The Raleigh Amateur Radio Society, Inc. (RARS) was founded in 1969 and continues to serve and support the Amateur Radio community in the greater Triangle area. In 1999, we incorporated a new RARS, and obtained 501(c)(3) Non-Profit tax status.

The objectives of the club are to promote worldwide friend-ship through Amateur Radio; to be of public service by providing radio communications in times of disaster, emergency, or civic need; to educate members in radio technique; and to provide training classes to assist in obtaining Amateur Radio licenses.

Anyone interested in Amateur Radio is eligible to apply for membership. Dues for regular licensed amateurs are \$18.00 per year (from July 1 through June 30). Additional immediate family members pay \$5.00 each per year. Dues for licensed amateurs older than 59 or younger than 16 are \$12.00 per year. Dues for non-licensed Associate members are \$9.00 per year.

Applications for membership may be obtained from the treasurer, or the RARS web site (www.rars.org).

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Web Site:
<http://www.rars.org>

NEXT RARS MEETING: Tuesday, September 3, 2002

COMING EVENTS

Contact Helping Hands: Bill Cole KG4CXY@arrl.net

ADA-Walk for Diabetes

Coordinator: TBD

Date: Sept. 7, 2002

Time: 7:30 am - 1:00 pm

Duke Liver Triathlon

Coordinator: Bill Cole KG4CXY

Date: Sept. 14, 2002

Time: 6:30 am - 12:00 midnight

MS-150

Coordinator: Bob Breyer K1RCB

Date: Sept. 14 & 15, 2002

Time: 6:30am—4:00 pm

Leukemia & Lymphoma Society - Light the Night Walks

Event Coordinator: Karl Ulrich K4LNX

Date: Sept. 19 & 21, 2002

Time: 5:30 pm

Duke Liver Half Ironman Triathlon

Coordinator: Eric Haywood KG4CXW

Date: Sept 29, 2002

Time: 7:30am

*****ATTENTION***ATTENTION***RADIO STOLEN***ATTENTION***ATTENTION*****

Gary Matsey KG4HJI has reported that his Kenwood THD7A, case, and MFJ microphone was stolen recently from his home. He asks that everyone be on the lookout for this radio, as it may show up as a "for sale" item. If you come across this radio, please call Gary at 828-7618. (He has the s/n for positive identification.)

SERA Gets K4MOB Memoriam Vanity Call

The Southeastern Repeater Association, Inc. was granted K4MOB on July 23, 2002 as an in memoriam vanity call. K4MOB was the station license of Wayne Williams (SK), the editor of the Repeater Journal for over 23 years, and a familiar face for many many years at area hamfests.

Gerry Williams gave me her permission to apply to get Wayne's call using the "club in memoriam option" for SERA, and we are very proud to have it continue to be heard on the air. SERA has a 75 meter net on 3977 @ 8:30AM on most Saturday mornings. Also look for K4MOB on the air on 146.55 at most NC hamfests.

Frank A. Lynch W4FAL
NC Vice Director. SERA

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Minutes of the RARS June Board Meeting - June 18, 2002

The monthly Board meeting of the Raleigh Amateur Radio Society was held at the Forest Hills Baptist Church on June 18. The meeting was called to order by President Bernard Blackmon W4BRB at 7:38 PM. Members present were: KN4AQ, W4BRB, KG4CXR, KG4FIJ, K4HF, K4HM, KE4PAX, KF4UQZ. The total attendance was 10.

On motion by KN4AQ and second by KE4PAX, the May 2002 Board Meeting minutes were approved as amended.

Treasurer's Report: Total membership is 325.

V.P. Report: No Report.

Committee Reports:

FM Committee - KA2FWC reported that the grounding is done, and it came in under budget. Will be paid for from current (2001-2002) budget.

Exciter - KG4CXR reported the August issue is in the works. Will be primarily about Field Day. Looking for a photographer with a digital camera to provide photos for future Exciters. More future events will be listed in the Exciter. KE4PAX reported that the publication process has been greatly streamlined.

Net Manager - KF4UQZ reported that things are going well. Net Controllers are excelling.

Web Master - W4BRB (for WA2UZO) reported that web site is running smoothly. The latest 5 ARRL General Bulletins are now displayed on the news page. These are updated dynamically so will always be up to date. Hamfests have been added to the calendar. He's researching an automated way to manage this so they don't have to be updated manually. Added a map of the NC counties to the web site for reference purposes.

Member Services - KG4CXR reported that new cards will be completed for next general membership meeting. Cards are only being done upon request.

Hamfest - K4HM reported that financial review of Hamfest will be done sometime in July. Virginia Beach Hamfest has been moved from early Sep to Sep 28-29, and will be at Pembroke Mall on Va. Bch Blvd at Independence Blvd.

Field Day - W4BRB (for Neal N4HAF) reported that everything going well... Neal's excited, is within budget, and plans to have good food. Public Information - KN4AQ reported he sent a Field Day press release to local radio/TV media. Press release is also posted on the web site.

Education - KN4AQ (for W4NOT) reported there will be no summer Technician Class. Next class scheduled for fall/winter. Looking for additional instructors.

VE Team - No report.

Public Service - No report.

ARRL Liaison - K4HF reported some of the political happenings at ARRL. Telecomm companies are concerned about ARRL's stand on the 2.4 GHz band. Manufacturers and AES are forming an organization to promote amateur radio. W4DW/W4RNC Trustee - No report.

Ad Hoc Committees: None.

Unfinished Business: None.

New Business:

K4HF made a recommendation that we look into budgeting an amount of money to be used to reimburse up to 20 members each year for taking the ARRL Communicator I Course, a correspondence course that covers emergency communications. Discussion ensued about how to make the process work. K4HF will research further and report back at next board meeting.

There were no announcements or member comments.

Respectfully submitted, Jim Walter KG4FIJ, Secretary

NET REPORTS FOR JUNE 2002

- ◆ 8:00PM DAILY: RARS Evening Net
- ◆ 9:00PM MON: SWL SIG
- ◆ 8:30PM SAT : Tech & Traders net

Total Net Activity:

Minutes: 691 in 31 sessions
Check-Ins: 433
Traffic : 41 brought 32 passed

ARRL CLASSES GO BEYOND THE LICENSE TEST

By Mary KG4OA

As a relatively new ham I was intrigued back in the spring by the ARRL Certification and Continuing Education Program that I saw advertised on the ARRL website. This program was approved by the ARRL board of directors in January 2000 and was designed to provide structured courses and certifications for hams wishing to continue their education beyond the licensing exams. ARRL members who participated in an online forum overwhelmingly agreed that emergency communications courses should be developed first. This led to the Amateur Radio Emergency Communications Certification Course (ARECC).

Currently there are three levels of the ARECC. I took Level 1 in the spring and I'm currently taking Level II. Level 1 includes an overview of emergency communications, ARES/RACES, and served agencies. It also encourages participation in traffic nets to perfect communication skills.

As a student, you are assigned a mentor with whom you communicate via email. A mentor is typically an experienced ham who has been through the on-line course and is there to review assignments, offer guidance, and monitor student progress.

In addition to several assessment exams, the student has a variety of activities to do in each course, and many of these have to be reported to the mentor for successful completion. Some of the activities in Level 1 include composing and passing traffic on a traffic net; researching served agencies in the local area; making contact with local ARES/RACES officials; researching local SKYWARN activities; preparing GO Kits for 8, 24, and 72 hour deployment; and maintaining a working knowledge of personal radio equipment.

My mentor for Level I was Sterling Eanes AK1K, a long time ham from Nashua, NH. We had several email discussions about the importance of being very familiar with one's own personal radio equipment so that it can be used in emergency situations with ease. For example, we discussed how people often have trouble programming PL tones into their radios due to the complex nature of the new equipment on the market. As I was having this problem, Sterling suggested practicing this skill at least once per month so as not to forget it.

He also shared with me his GO Kit checklist, which I used to prepare my own. Prior to seeing his checklist, I had focused on the obvious things to put in a Go Kit, such as extra batteries, personal items, radio accessories, food, and water. Some of his helpful suggestions included adding a repeater directory, local emergency procedure references, and money in both bills and coins.

The Level II class includes more advanced topics,

such as learning to be a good net control station, organizing and working effectively with volunteers, working with public safety officials, researching net manager responsibilities, and training other hams.

There are several things to consider for those who are willing to take an on-line course.

First, all the lessons are self-paced, which means as a student you must have a certain amount of self discipline.

Second, a good mentor/mentee relationship is essential. Since the student and mentor are only communicating via email, both must check email on a regular basis and respond efficiently.

Third, since these courses are serving hams with a wide variety of backgrounds, some of the information might be too basic for some, yet very advanced for others. I was lucky enough to couple my Level 1 course with NTS Traffic Training, a special training program that we do in the Raleigh/Durham area in which an NTS Traffic Instructor pairs up with a student and sends a series of traffic training messages over a nightly net. Bob Woodson WX4MMM was my Traffic Instructor and taught me all the basics of proper handling.

The training consists of 66 messages in NTS format. Bob sent each message just as formal NTS traffic would be sent, thereby role-modeling good traffic handling behavior. The messages themselves are the training, containing information on net participation, the parts of an ARRL Radiogram, and proper message handling. Some of the messages direct students to compose their own messages and pass them on a local traffic net. This program helped me tremendously as I learned in a non-threatening way about the NTS system and how to handle traffic. There is now an advanced set of 102 messages. For further information on the NTS traffic training program, contact Jeff Wittich AC4ZO at AC4ZO@arrl.net.

The ARRL is also offering more courses online, including HF Digital Communications, Satellite Communications, and Antenna Modeling.

Each level of ARECC lasts eight weeks, and costs \$40.00 for ARRL members and \$70.00 for non-members. The ARRL has partnered with the Connecticut Distance Learning Consortium (CTDLC) to provide these on-line courses.

The ARECC is also offered as a self-study with a hard copy manual. There are also instructors who offer the ARECC as a regular classroom course. I would encourage those with an interest to try one of these courses and evaluate it.

More about this article can be found in the November 2002 Repeater Journal

**Amateur Radio Emergency
Communications Consistency Act**
Rep. Price Co-Sponsors HR 4270
By Gary KN4AQ

Thanks to efforts by Eric Haywood KG4CXW of Durham, Congressman David Price (D-NC) has agreed to co-sponsor the Amateur Radio Emergency Communications Consistency Act protection to cover private CC&R contracts enforced by home owners associations. Price is the representative for North Carolina's 4th US Congressional District, covering most of the Triangle.

Introduced on May 14 by Rep Steve Israel (D-NY) at the request of the ARRL, H.R. 4720 consists of one sentence:

For purposes of the Federal Communications Commissions regulation relating to station antenna structures in the Amateur Radio Service (47 CFR 97.15), any private land use rules applicable to such structures shall be treated as a state or local regulation and shall be subject to the same requirements and limitations as a state or local regulation.

More information on H.R. 4720 can be found on the ARRL web site: <http://www.arrl.org/news/stories/2002/05/04/102/>

Haywood wrote to Rep. Price in early June, asking him to co-sponsor the bill. Price responded with a concise analysis of the bill, showing that he understood it and its importance to Amateur Radio. Price is a co-sponsor of the Amateur Radio Spectrum Protection Act, H.R. 817, which is also currently before Congress.

Price was concerned, however, that "such a task would be more difficult than reasonably accommodating modern satellite television dishes, and I would like to know more about how reasonable accommodation might be defined in this case."

Haywood replied that accommodation wouldn't be that hard. He said Amateurs are resourceful in ways to erect antennas that are difficult to see, but that when these antennas are eventually discovered in a "restricted" environment, the Amateur is forced to take them down. He concluded, saying "reasonable accommodation could be defined as 'anything other than outright refusal to work towards a reasonable and mutually beneficial agreement.'"

To this, Rep. Price responded, "I am convinced by your description of creative ways to accommodate the placement of amateur radio antennas in neighborhoods subject to private land use agree-

ments. As a result, I have decided to cosponsor H.R. 4720.

Sincerely,

DAVID PRICE
A Member of Congress

The fate of H.R. 4720 is uncertain, of course. Historically, Amateur Radio legislation has not fared well in Congress, usually dying without action at the end of a congressional session. This bill's chances will improve if all Amateurs write to their representatives asking them to support it by co-sponsorship. ARRL President Jim Haynie W4JPB said, "It becomes important for all of us to write our congressman, call our congressman and voice our support. This will have to be a grassroots effort, and we're going to pull out all the stops."

The ARRL requests that you send a copy of that mail to "ccr-bill@arrl.org."

Gary Pearce KN4AQ
NC Section Public Information Coordinator



Every Wednesday 9:30 145.19

Weapons of Mass Destruction

By Eric KG4CXW

I had the opportunity to participate in the Weapons of Mass Destruction Drill in Durham. I arrived at Hillside High School at 7:45am. Never before have I seen such a staging of such a large number of public service personnel for any reason. I really didn't have the opportunity to count. But, I estimate that there were at least a dozen fire engines, 50 police vehicles, Local, Regional and SBI HAZMAT teams, Emergency Management, and lot of Emergency Medical Personnel. (I think the SBI folks may have been a bomb squad, but I am not sure.) These groups were in full chemical suits complete with hoods, respirators and rubber gloves. There were also a lot of observers, and coordinators present as media. Overall, there must have been over 100 members of various public service organizations. There was also a very large number of volunteers to serve as victims. This was not a small drill by any measure.

The scenario was some sort of terrorist attack that was staged inside of Hillside High School. In an actual attack, this could have been any office or government building located anywhere. From what I was able to gather, the simulated call came into 911 concerning some sort of explosion at the location. When law enforcement arrived and first responders arrived, they reported people running from the building, rubbing their eyes and reporting a very loud explosion. The HAZMAT teams and additional medical support were dispatched to the scene. As the exercise continued, from what I could gather there was a simulation of officers and firefighters down, a contamination of the command post, various casualties and injuries, as well as an additional explosive device found at the location. These were among a few of the issues simulated. Meanwhile victims were transported by EMS to various local hospitals. I found being located near incident command on the inside of the yellow "DO NOT CROSS" tape to be very interesting. To be very near the command center of this type of operation provides quite a bit of insight about what works, and what needs more work. I am sure a great deal will be learned from this exercise. I secured my station and returned home at around 12:45pm

From an ARES standpoint, I really left the exercise with a number of concerns. I was happy to know that Emergency Management thought enough of amateur radio to invite us to the event. However, it seems that no one in a position of leadership knew actually who we were, and what we are capable of doing. One area that we really need to concentrate on is the education of our served agencies. Emergency Management needs to be educated on our capabilities, and how our service could be utilized in an actual emergency. This needs to be done prior to an actual emergency. Our actual role during an emergency, for the most part, I think it is up to us to define. Once our role has been defined we need to present them to those in charge as solutions to actual problem. During an emergency, if we wait for our role to be defined by Emergency Management, we will find our-

selves under utilized, or not utilized at all. This is kind of like us having to educate the coordinators of a public service event as to why it is important to have communications with the supply truck. If we don't tell them what we can do, they will never know.

Another area of concern was the lack of amateur radio support. This exercise represented a huge commitment of public service in addressing the terrorist type of attacks. Every single one of us, as well as all of our friends and families benefit from this type of preparation, planning and training. I would be very interested to see the bill for personnel man-hours, equipment, and planning of such a major training event. Although we are all volunteers, there should be some sort of commitment to serving our purpose of providing emergency communication as a public service. As underrepresented as we were today, it would put us in a very unfavorable light had we been given a task, and not been able to meet the requirements due to lack of operator support. For our supported agencies to get the impression that because we are only volunteers we can't be depended upon, would not be a positive step. Like any team, we should practice, practice and practice like we are going to play. We cannot miss practice, and expect to be in the game on game day.

Overall, being present at the exercise was time well spent. It could have been an excellent opportunity to demonstrate our communications capabilities to law enforcement, the general public, public service, and the media. Hopefully this feedback can be used to highlight issues that can be used to improve our working relationships with the agencies we serve.

(Note: This article was sent by email to the nc-triangle-ham-radio reflector.)

TUNE IN THE RARS NEWS HOUR

◆ Newsline

◆ ARRL Audio News

Sunday Nights following the
RARS 8:00 Net on 146.64

MINUTES OF THE RARS MEMBERSHIP MEETING

Tuesday, August 6, 2002

President Bernard Blackmon W4BRB called the meeting to order at 7:31 PM.

Three visitors were recognized.

Treasurer's Report (Greg Seamster KE4PAX): .
There are currently 234 members.

Announcements:

Bernard W4BRB reported that Gary Matsey KG4HJI had his Kenwood THD7A, case, and microphone stolen 3 weeks ago. He asked that everyone be on the lookout for this radio, which may turn up as a "for sale" item.

Chuck Littlewood K4HF gave a special Nominating Committee report. Liz Stanley KF4UQZ will resign as Net Manager. The nominating committee nominates Mary Holschneider KG4OQA to replace Liz, with the transition to take place in September. Further nominations will be accepted, and an election will be held at the September general meeting.

John KG4HDT spoke about the NC State Fair in October. He plans again to use hams for Red Cross communications. He also reported that he is going to the Stanley County Airport to check out an ARES site that is being looked at by the state as what an amateur radio backup site should be.

Jeff AC4ZO reported that the Club has developed a new and improved traffic training program. Anyone interested can check it out on the nightly RARS 2-meter net.

Jeff AC4ZO demonstrated one of the three new APRS tracker kits that he recently put together. The kit consists of an Alinco radio, antenna, GPS receiver, and very few wires to plug in. The equipment is in a sturdy, foam-lined case. The kit received many favorable comments.

Bob K1RCB gave a pitch for help at the MS-150, scheduled for Sept 14-15. He'll need about 45 folks, and is about 15 short at this time.

Program: Gary KN4AQ presented a video of the World Radiosport Team Championship 2000.

Door prizes were won by KD4PCB, KG4SEI, DG4UMR, KG4OPZ, and NI4S.

Meeting adjourned at 8:35 PM.

Respectfully submitted by Jim Walter KG4FIJ, Secretary.

Smithfield VE Session Move

To New Location

By Norman KA4PUV

The location for the Triangle East Amateur Radio Association (TEARA) August through November VE sessions in Smithfield, NC is being changed from the Smithfield Library to the Smithfield Fire Station due to library renovations. Dates and times remain the same.

The fire station is located about one block from the library on Fourth Street, near its intersection with Market Street (US 70 Business). If you are coming east from Raleigh, it will be a right turn from Market onto Fourth. From Goldsboro it will be a left turn (NOTE: some intersections downtown do not allow left turns. I'm not certain about this one, so you may need to circle the block to get onto Fourth.) Directions will be posted on the library doors on exam days directing people to the fire station, and staff will be aware of the move as well.

Dates for the remainder of the year are as follows:

August 17, 2002

September 21, 2002

October 19, 2002

November 16, 2002

All sessions begin at 9:30 am

We should be returning to the library in January 2003 after renovations are completed. If you have any questions, please feel free to contact Norman Young at Normany@mindspring.com or ka4puv@arrl.net

TECH/TRADER NET

8:30 PM SATURDAY ON 146.64

TWO NETS IN ONE!

REWARD FOR INFORMATION

A reward of 500 microfarads is offered for information leading to the arrest of Hopalong Capacity. This un-rectified criminal escaped from a Weston Primary cell, where he had been Clamped in Ions awaiting the Gauss chamber.

He is charged with the induction of an 18 turn coil named Milli Henry, who was found Choked and robbed of valuable Joules. He is armed with a Carbon Rod and is a Potential killer.

Hopalong Capacity is also charged with driving a DC motor over the Wheatstone bridge and refusing to let the Band Pass. If encountered he may off series Resistance.

The Electromotive Force spent the night searching for him in the Magnetic Field where he had gone to Earth. They had no success and believe Capacity returned Ohm via a Short Circuit. He was last seen riding a Kilocycle with his friend, Eddy Current, who was playing "Ohm on the Range" on his Harmonic.

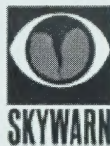
Courtesy of Web KR4GM on the W4GS list server, sent by Bob K4LRC



Join Us At the
RARS Dinner



Every 4th Tuesday, 6:30 pm at
Fat Daddy's on Glenwood Ave.



The Central Carolina
Skywarn Net Meets
Tuesday at 9:15 PM
on 146.88 Repeater

Remember to give damage reports AFTER
the storms as well as DURING the storms.

HAMFEST CALENDAR

October 5:	Rock Hill, SC
October 12*:	Stafford, VA
October 13:	Maysville, NC
October 26:	Sumter, SC
November 9:	Myrtle Bch, NC
November 17:	Benson, NC



Courtesy of the SERA Repeater Journal

Red Cross Disaster Communications

The American Red Cross Communication function (COMM) provides communications to the following:

- * Disaster Headquarters Operations (HQ)
- * Welcome Centers (could be used to check in evacuees and direct them to shelters)
- * Shelters used to house evacuated "clients"
- * Serving Kitchens (both portable and fixed)
- * Warehouses
- * Service Centers (used by clients after they are allowed to return "home")
- * Small "Out Reach" location (sometimes used to get closer to the effected area)
- * Local Chapter locations (if part of the operation)
- * Other locations as needed to support the disaster operation

The type of communication provided can range from existing phones, new land line phones, cell phones, satellite phones, pagers, Fax machines, HF radios, VHF/UHF radios, UHF radio repeaters, FRS radios; to "state of the art" wireless VOIP (voice over internet protocol (sending voice over the internet) phones and computers with internet and telephone access via satellite. The Red Cross also has communication SUV's (called CRV's) each equipped with a 50 foot tower (a 3 band HF yagi is available), two satellite dishes, VOIP phones, two HF radios (a TS 2000 & an IC706) and "many" VHF/UHF radios. This CRV and a communication equipped Hummer were on display at Dayton in May. It should be noted that the American Red Cross does not "normally" provide radio equipment that operates on Amateur frequencies.

The type of communication selected will vary by job location and depends on the size of the operation and how long the operation is expected to last.

I assisted on the Arizona wild fire disaster operation example below which burned over 470,000 acres and destroyed 470+ homes.

The Disaster HQ was set up and taken down 3 times. The first move was because the fire was approaching the selected HQ location in Show Low,

AZ. At the main HQ, COMM provided and installed

50 landlines, 25 pagers, 2 FAX machines and assigned 150 cell phones. In addition to the above items, we also installed a satellite "fly kit" which consists of a 1.2 Mtr dish, satellite up/down equipment with a Cisco server that supported 43 VOIP phones and 30 wireless laptops. The goal is to have dial tone available within 4 hours of the HQ being available. The satellite "fly kit" and the CRV assist in making this goal attainable. It usually takes "Bell" 24 hours to deliver a dial tone.

Want to guess who was the first to provide communications between HQ, EOC and the shelters? Right, it was the local HAMS operating as a club and/or under ARES. In the Arizona fire there were over 60 HAMS who worked long shifts to man all the state, local and Red Cross locations. ARES provided the most reliable communications the first few days of the operation and as new shelters were being opened ARES again provided the link back to HQ. In one situation a Mayor of one city wanted to speak to the Mayor in a fire area without working landlines and two ARES operators made the connection within 5 minutes of being notified.

The 8 shelters used a mix of existing phone lines, new lines, cell phones. The CRV was setup at one shelter for phone service until local dial tone was available. The CRV was then moved to a new kitchen location that did not have any phone lines available and all cell service was being prioritized to the fire fighters.

The service centers and kitchens got landlines that we installed. The local "bell" wired to their interface and provided the inside wiring (IW) when COMM did not have personnel available. COMM installed low band base station radios in the kitchens to communicate with the food delivery vans (called ERV's).

The Red Cross is working hard to respond quickly to disasters with equipment and people, but they will never be able to beat the speed that the local HAMS demonstrate time and time again when the call to action is sounded.

Chandler Eaton Red Cross Comm Function Leader W1IFL

Submitted by AEC Wake County / Red Cross Liaison Bob KG4IZA

ARES SERT RARS SERA ARRL

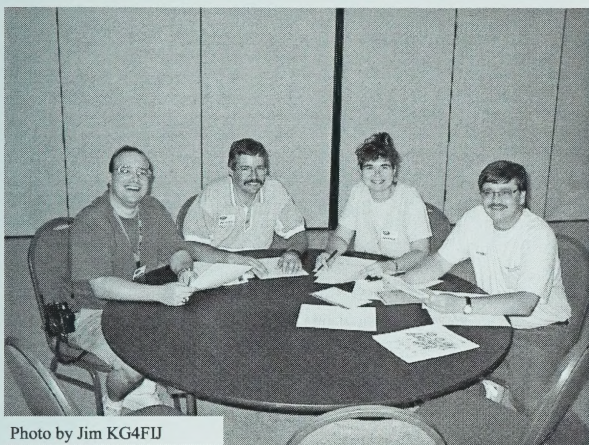


Photo by Jim KG4FJJ

One of the best ways to become proficient in NTS traffic handling is to actually practice receiving and sending messages.

The RARS NTS Traffic Training program is one way to accomplish this. Many hams have taken advantage of the nightly training that is done on the RARS 2 meter net at 8 PM, where an NTS Traffic Instructor is available to be paired up with a student to practice sending and receiving messages.

The training now consists of 72 NTS basic training messages. In addition, the group added 24 special training messages for hams wishing to become net control stations. All of the training consists of sets of three messages each sent by an NTS traffic instructor to the student. The messages themselves contain information that is essential to know in order to be an effective traffic handler. By receiving the traffic, the student not only learns how to effectively handle traffic, he becomes accustomed to the ARRL radiogram format and terminology.

In addition, the instructor role models the proper way in which to deliver a message.

The basic training consists of messages that deal with traffic nets, net participation, and the ARRL numbered radiogram list. In addition, there are messages that teach the student how to properly send email addresses and Internet addresses within a piece of traffic. The student must also originate a local piece of traffic on a traffic net in order to practice sending messages.

The advanced training consists of more in-depth topics, such handling instructions, book messages, and emergency and priority traffic. Assignments include originating a piece of through traffic on a traffic net and delivering a piece of traffic to someone on the telephone.

The net control training messages teach the new net control station about, how to prepare for calling a net, and how to deal with unexpected problems or emergencies while being the net control station.

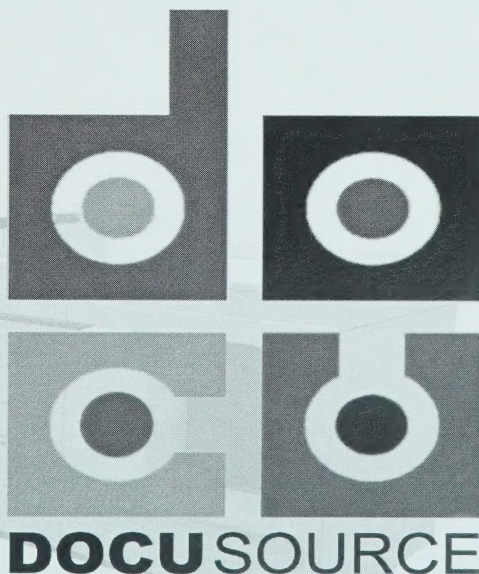
For more information on the RARS NTS Traffic Training program, please contact Jeff AC4ZO at AC4ZO@arrl.net.

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The fifth annual Triangle Triathlon was held on July 14, 2002 at the Crabtree Park in Cary, NC. This event is a 1/2 mile swim, 15 mile bike ride and 3.5 mile run. The winner had a time of 1 hour and few minutes. Some of us can't walk a mile in that length of time. Just think what it would be like to do a triathlon. (Photos by Gary KN4AQ)



Meeting with Thomas KF4JKQ Coordinator (in Orange hat)



Steve (Official), Rick N4VQT, Jeff AC4ZO